



# Think Teeth Every Step of The Way

**Give your baby healthy teeth from the start.**

**It's easy!**

- Gently brush baby's teeth twice a day. Use a tiny amount of fluoride toothpaste.
- Take your baby to the dentist by her first birthday. Continue regular check-ups as recommended.
- Tooth decay is caused by bacteria. Your baby can "catch" the bacteria from you.
  - Keep your mouth healthy.
  - Don't share cups or spoons.
- Put only water, milk or formula in bottles or sippy cups.
- Don't put your baby to bed with a bottle or sippy cup.
- Limit sweet snacks and sugary drinks, including juice.

Medicaid and CHIP cover children's dental services, such as teeth cleanings, check-ups, x-rays, fluoride, dental sealants and fillings. Your child could be eligible!

To enroll your child, call **1-877-KIDS-NOW (543-7669)** or visit **[InsureKidsNow.gov](https://www.insurekidsnow.gov)**. To find a dentist, use the Dentist Locator on **[InsureKidsNow.gov](https://www.insurekidsnow.gov)**.

